

Meatballs

Meatloaf, Stuffed Bell Peppers
Akhila Klein

I use this recipe for meatballs, meatloaf and stuffed bell peppers

Divided into 4 equal portions it will make 2 meatloaves, stuffed bell peppers and the last fourth for meatballs. Can be frozen successfully for 3 months. If you vacuum pack, then longer

Sauté'

Large skillet. medium heat

1T butter and 1 T olive oil

3 large carrots shredded (box grater)

3 celery stalks small dice

1 yellow onion, small dice

1 yellow bell pepper small dice

1 red bell pepper small dice

Cook until the vegetables are soft. Just a few minutes

2 pound ground turkey

2 pound pork or Italian sausage

2 pound 80% fat ground beef

4 large eggs

1 cup grated parmesan (dry)

1 cup Italian bread crumbs

2 teaspoons dried sage

2 teaspoons Italian seasoning

Salt and pepper

1 teaspoon Chili flakes

2 teaspoon or more Minced garlic

Salt and pepper

1 12oz can of tomato sauce



Everything into one bowl mix thoroughly. Use your hands, it's easier.
Divide into fourths and mark appropriately before freezing

***Dice cut size**

A large dice, measures about 3/4 inch, a medium dice, is about 1/2 inch,
and a small dice, is about 1/4 inch.

Pinch a piece off and cook in a skillet before freezing. This will give you an
opportunity to adjust your seasoning. Usually need more salt than you
expect

MEATLOAF

375 oven for approximately 1 hour

Loaf pan or any oven pan like a brownie pan etc. Don't let the loaf touch
the side of the pan. Spread tomato sauce on top or ketchup, whatever you
like

MEATBALLS

Add an additional 1/4 -1/2 cup dry Italian bread crumbs Meatballs in oven
for 20 minutes, then place in simmering tomato based sauce for another
10-15 minutes or longer. do not boil, as they will fall apart

Alternative, pan fry the meatballs to 80 percent done, top with sauce of
your choice, top with mozzarella and finish in 350 oven. Internal
temperature should be 165

The samples provided today were done with this method.

STUFFED BELL PEPPERS

Add 1 cup cooked (I prefer Jasmine) rice, stuff hollowed out bell pepper.
Top with mozzarella 55 minutes, 350 oven